Gamma Hydroxybutyric acid (GHB)

- New drug of abuse
  - formerly a body-building drug ingredient
  - rising use for mind-altering effects
- Military dangers
  - death
  - PRP, flyers
    - acute use
    - withdrawal
  - detection issues

Abuse

- Bulking effect
  - advertised to assist effects of growth hormone
  - recalled by FDA but still available in over-the-counter products
  - advertised ‘calming’ benefit
- Sedating effect
  - aka ‘Dominir’, ‘Serenity’, ‘Fantasy’
- Allegations of ‘date-rape’

Psychic effects (~250 mg)

- drowsiness
- hallucinations
- amnesia
- dizziness

Psychic effects (~2500 mg)

- coma
- slow heart rate
- vomiting
  - coma and vomiting in 377 MDG airman caused inhalation of stomach acids
  - required 2 day ICU stay and mechanical ventilator

Military dangers

- high dose may lead to death
- low dose effects incompatible with PRP or use of dangerous equipment
  - dizziness may last up to 2 weeks
- withdrawal effects similar to stopping ‘valium-like’ drugs
  - irritability, seizures, tremor

Military dangers (continued)

- not detectable in blood or urine
  - converted in body to naturally-occurring chemical
  - research may soon give detection method (1999 reports in medical literature)